



Serves: 4

Moong Usal (Stir-fried Healthy Sprouted Moong)

Ingredients

- Mung beans 300g
- Onion, chopped 2 tbsp
- Olive Oil 1 tsp
- Curry leaves 5–6
- Cumin seeds 1 tsp
- Turmeric powder ¼ tsp
- Sugar ½ tsp
- Lime juice ½ tsp
- Green coriander leaves 2 tbsp
- Salt ¼ tsp
- Green chillies 4
- Water 2 tbsp

Tips:

- Cook vegetables lightly or until just cooked to retain their crunch and flavour. Overcooking will reduce the amount of nutrients in vegetables.
- Fruit, vegetables, oats and beans are rich in soluble fibre which helps lower blood cholesterol levels.
- Plant-based foods such as wholegrains (e.g. brown rice, wholemeal bread and oats), vegetables, fruit and beans are rich in fibre, which promote the feeling of fullness and also help in blood sugar control.

Method

- Clean, wash and soak whole Mung beans, overnight. Then drain the water and tie up the beans in a wet muslin cloth for 2 days till the sprouts are formed.
- Heat oil in a pan, add cumin seeds and when it crackles, add curry leaves and then the onions. Sauté onions till translucent.
- Add in the turmeric, chopped green chillies and sauté for a minute.
- Now add the sprouted mung, mix it well, add the sugar, lime juice, salt and add water to cover the sprouted beans and cook till they are cooked yet firm (approximately 5–7 minutes).
- Add in the green coriander leaves and mix well.
- Serve hot, garnished with chopped coriander.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 46kcal
Protein 2.8g
Total fat (g and % of total calories)
1.4g (24.1%)
Saturated fat 0.2g
Cholesterol 0mg
Carbohydrate 7.2g
Dietary Fibre 1.6g
Sodium 151mg